

6" Speed Hurdles Drill 2

EQUIPMENT

- 1x Set of 6" Yellow Speed Hurdles.
- 1x Set of 9" Red Speed Hurdles.
- 4 Disc cones.

MEASUREMENT

10 x 10 yards

CATEGORY

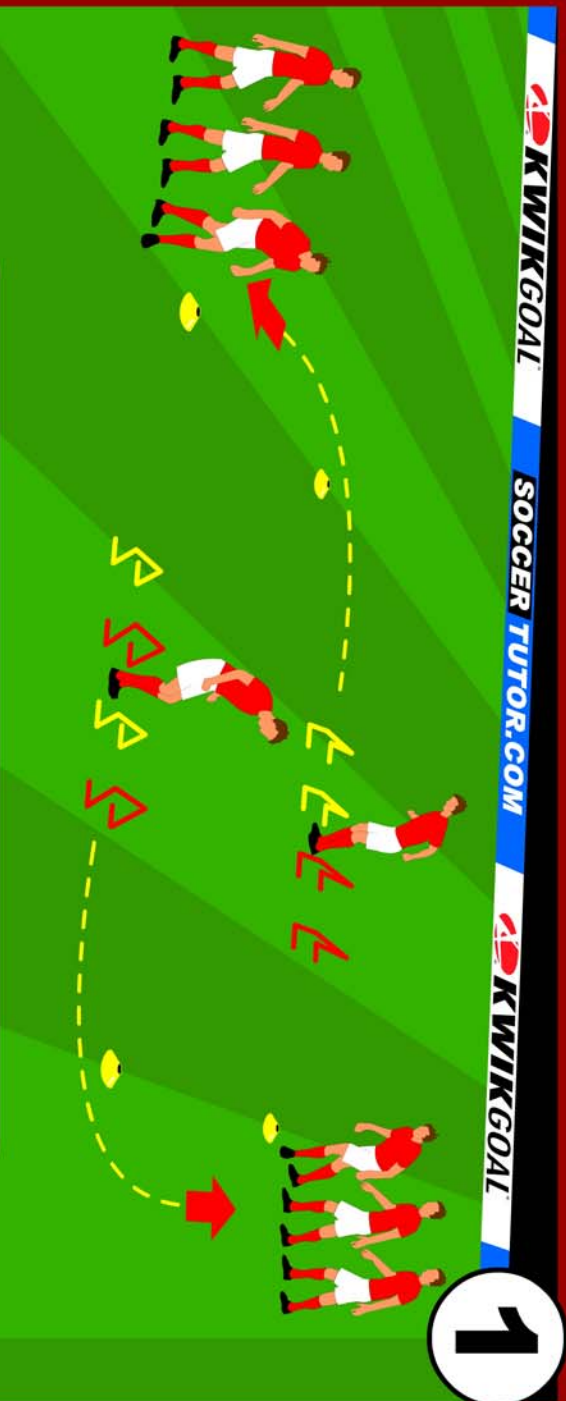
Coordination, Agility and Speed Training

COACHING POINTS

1. Jumping over hurdles - Both feet together, use the balls of the feet to jump and land. Use arms for stability.
2. Maintaining good technique and 100% effort throughout the drill is crucial.
3. Do 6-8 laps each player.

PROGRESSION

1. Vary the sequence and technique, i.e. Alternatively step over the hurdles with good running technique.
2. Introduce blue 12" hurdles and vary the order.



PLAYERS JUMP 2 FOOTED OVER THE HURDLES THEN JOG COUNTER-CLOCKWISE TO THE NEXT LINE...



AFTER 6-8 LAPS, VARY THE SEQUENCE WITH PLAYERS ALTERNATIVELY STEPPING OVER THE HURDLES WITH GOOD RUNNING TECHNIQUE...